**06. Practising Green Living**

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P3 - Healthy Living: Green Living

Learning objectives

* Understand green living styles in four aspects relating to clothing, food, living and transportation.
* Understand the importance of saving water and it should start from individual.

In daily life, we always use water. However, the misuse of water may lead to water wastage. Look at the following pictures. Put a (✓) for the good use of water and put a () for the misuse of water.

|  |  |
| --- | --- |
|  |  |
| (　 　) Installing flow controller on water tap | (　 　) Washing the cars with a running hose |
|  |  |
| (　 　) Making good use of the dual flushing cistern | (　 　) Running the washing machine  only with a full load |
|  |  |
| (　 　) Brushing teeth, washing face or soaping our hands under a running tap | (　 　) When dining out, only ask for water refill when we need it |

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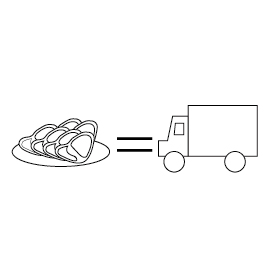
2

Learning objectives

* Understand what virtual water is and the importance of "food wise"

We visibly consume water every day. We also consume "virtual water", which is out of our sight. For instance, the water used for food processing and product production. Please connect the pictures with appropriate descriptions on the right and find out the “virtual water” used during the process of beef production.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | ⚫ |  | ⚫ | Water consumed by the cattle |
| \\Taiyar\wsd\Primary\02 Lesson Plan + Worksheet\NEW\graphic\ws_06_2_2-01.jpg | ⚫ |  | ⚫ | Water used for growing the feed for cattle raising |
| \\Taiyar\wsd\Primary\02 Lesson Plan + Worksheet\NEW\graphic\ws_06_2_3-01.jpg | ⚫ |  | ⚫ | Water used for cleaning up the cattle pasture |

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For every kilogram of beef produced, it requires 15,455 litres of water which can essentially fill up a cargo.

3

P3 - Healthy Living: Green Living

Learning objectives

* Practise green living and reduce water footprint

Food Detectives

Try to take record of the food items and their weight of the most recent meal at home. Then go to the following website and check the amount of virtual water consumed for each food item (weight of food x virtual water consumed per gram of food). Then, fill in the following table.

（Website: http://www.jcwise.hk/calculator/index.php?lang=e）

|  |  |  |  |
| --- | --- | --- | --- |
| Food | Weight (g) | Virtual water consumed per gram of food (mL) | Virtual water for food(mL) |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
| Total： | | |  |

* Among these food items,

The one consumed the largest amount of virtual water was: ＿＿＿＿＿＿＿＿＿

The one consumed the least amount virtual water was: ＿＿＿＿＿＿＿＿＿＿＿

* When choosing food items, we should choose those consume relatively   
  ( more / less ) virtual water.
* When we put a food item into waste, not only is the food itself wasted, the virtual water used for the production of the food item is also wasted. Thus, we have to treasure food and only buy and cook a reasonable amount of food as we need to avoid wastage.

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Learning objectives

* Practise green living and reduce water footprint

My water-conscientious dietary plan

Please design a healthy dietary plan that requires a low virtual water consumption. Share your plan and ideas with your classmates and teacher.

|  |  |  |  |
| --- | --- | --- | --- |
| Dish | Ingredients | Quantity | Virtual water for food(mL) |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
| \\Taiyar\wsd\Primary\Artwork from WSD\Water Save Dave\Artwork\jpg\WSD40.pngTotal︰ | | |  |



We have to be conscious when we prepare food and only prepare the amount that we need. Hence, to avoid double wastage of food and virtual water consumed during the food production process.

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